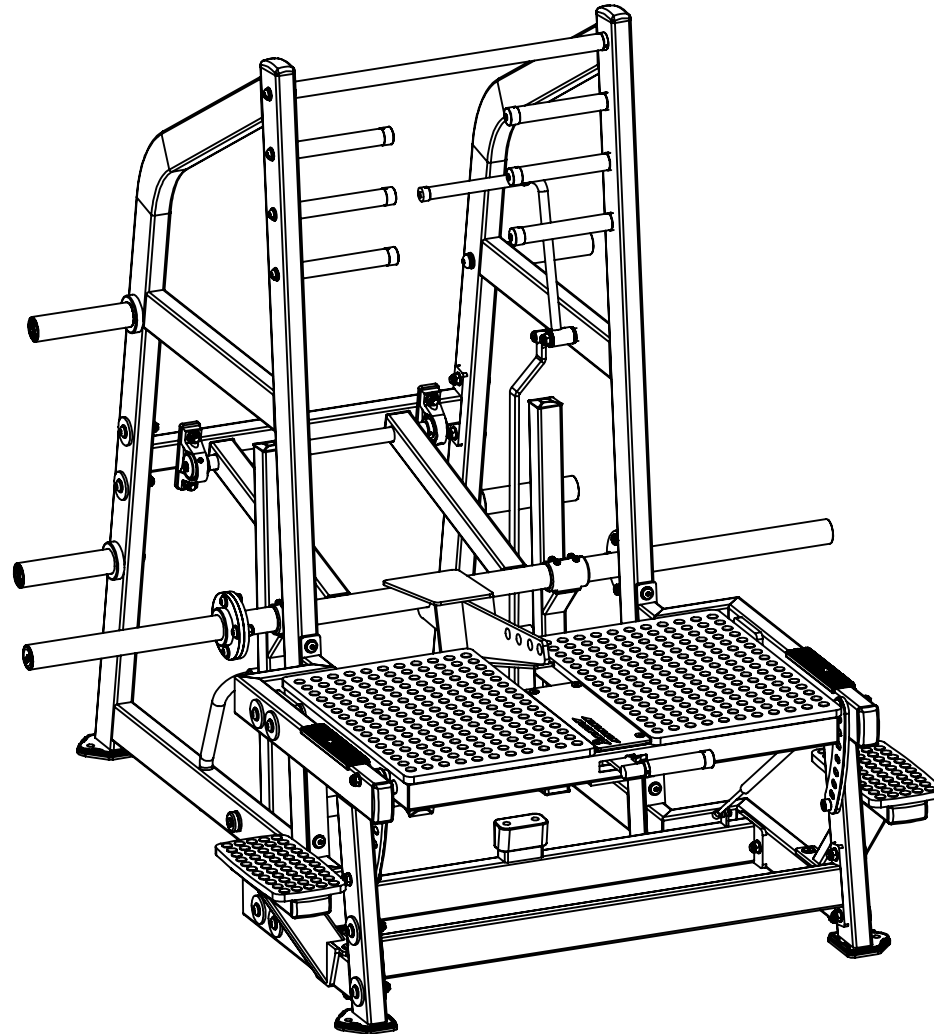
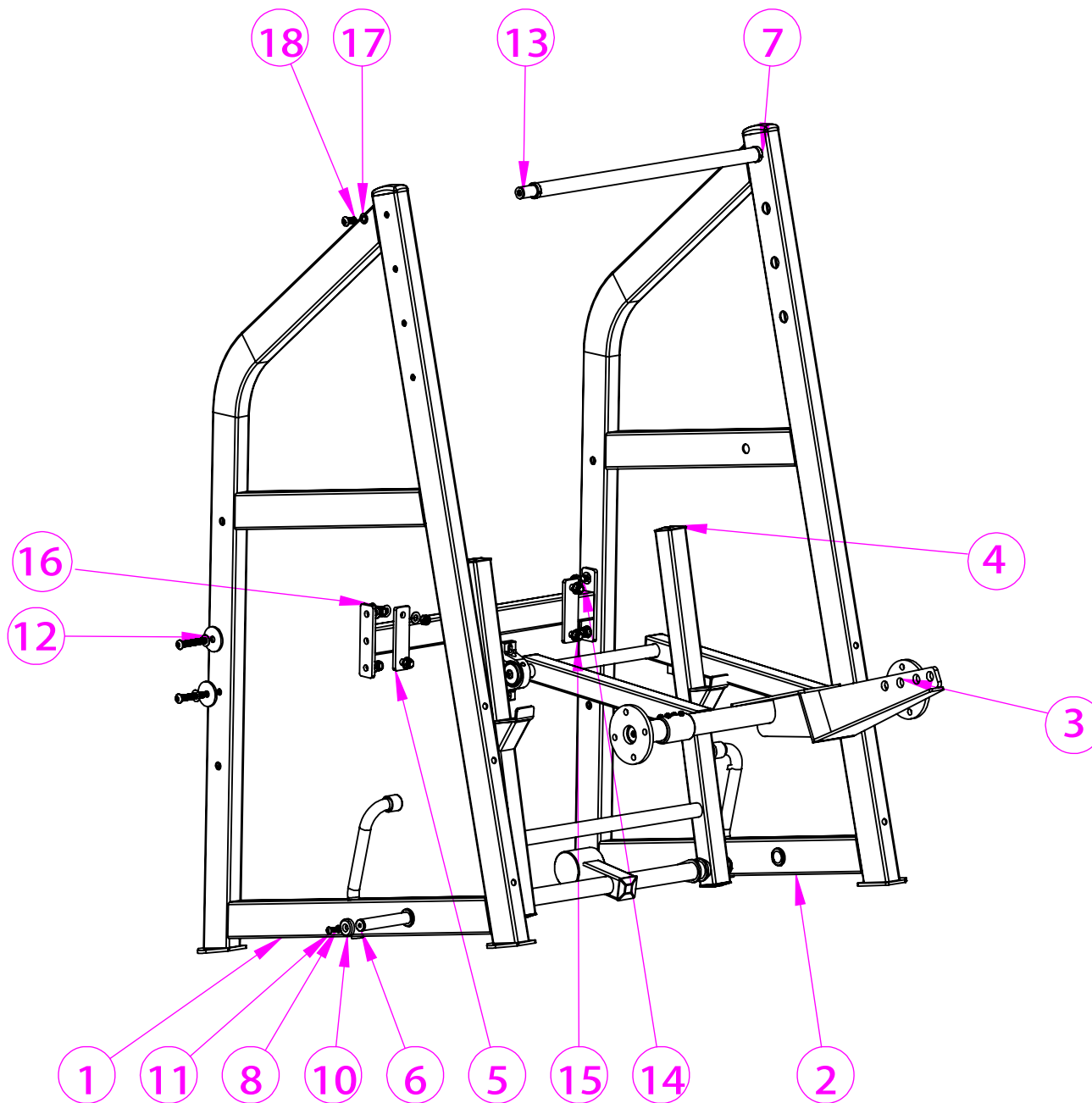


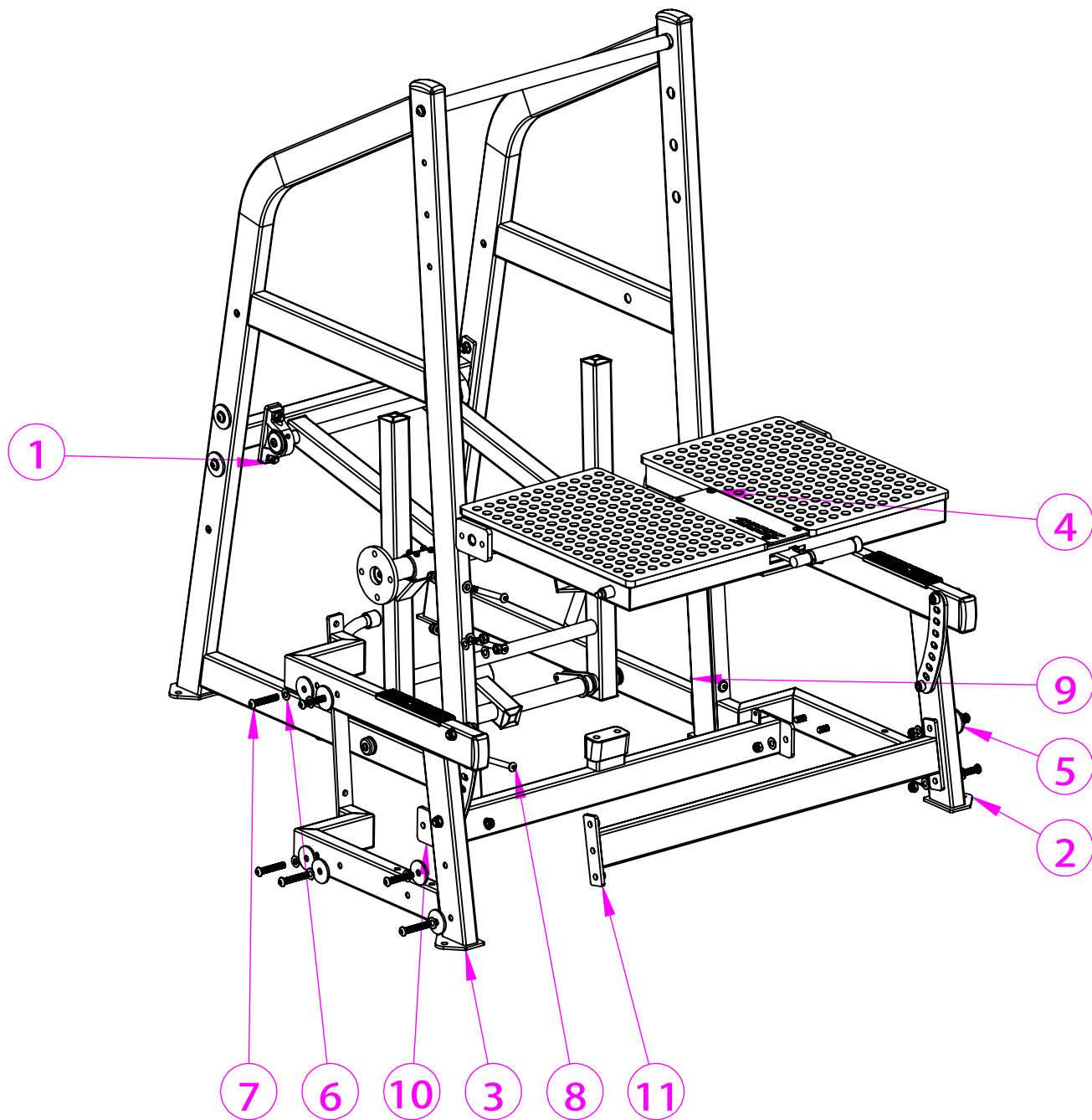
HSpro-2004 BELT SQUAT

Installation Instruction

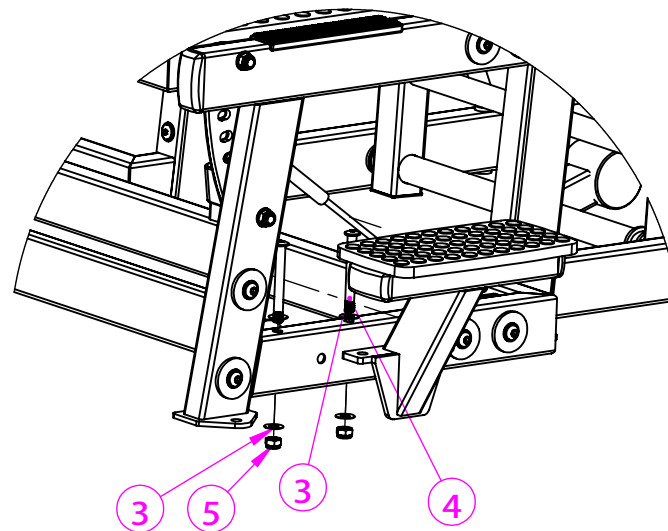
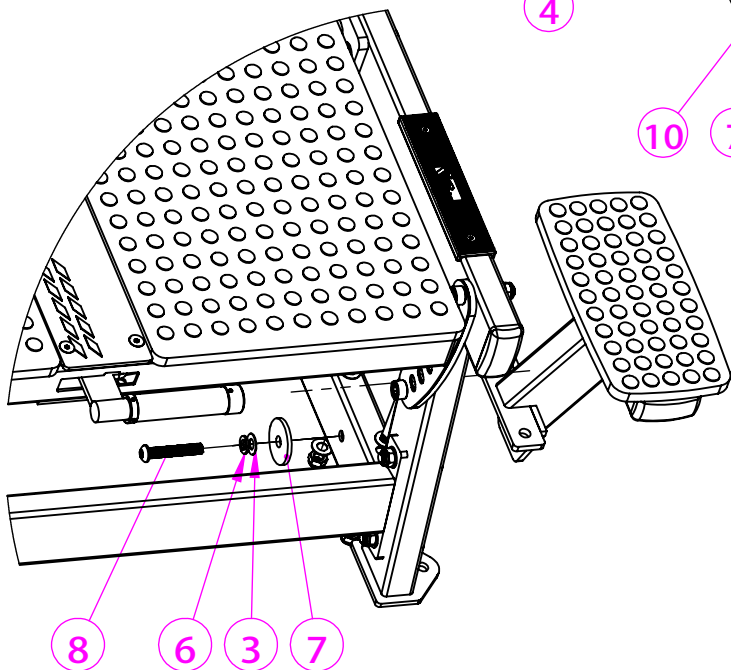
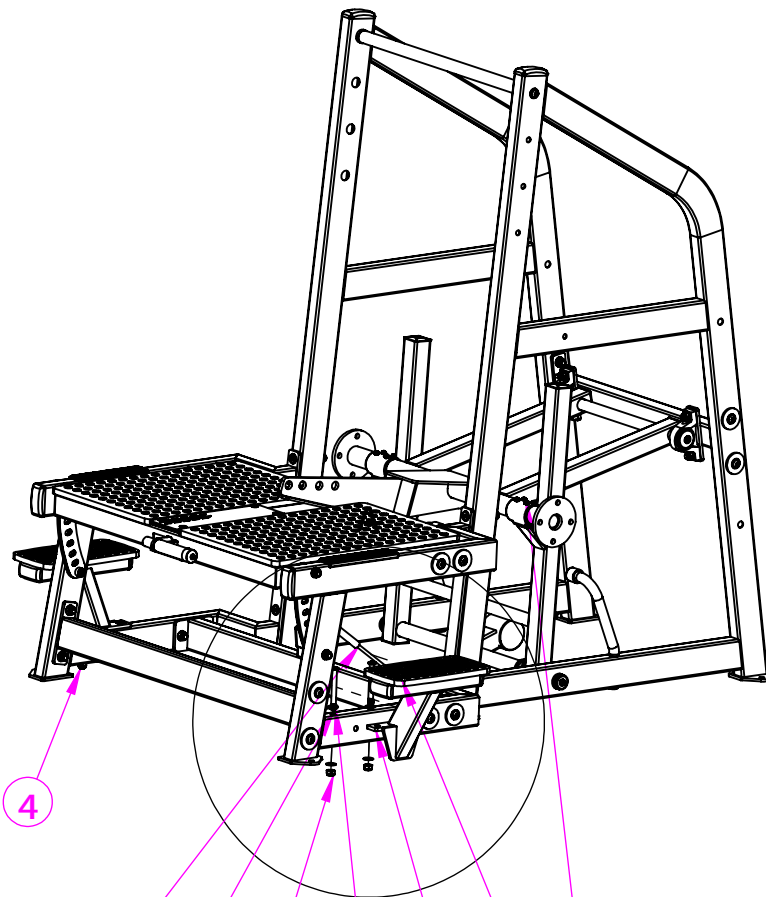




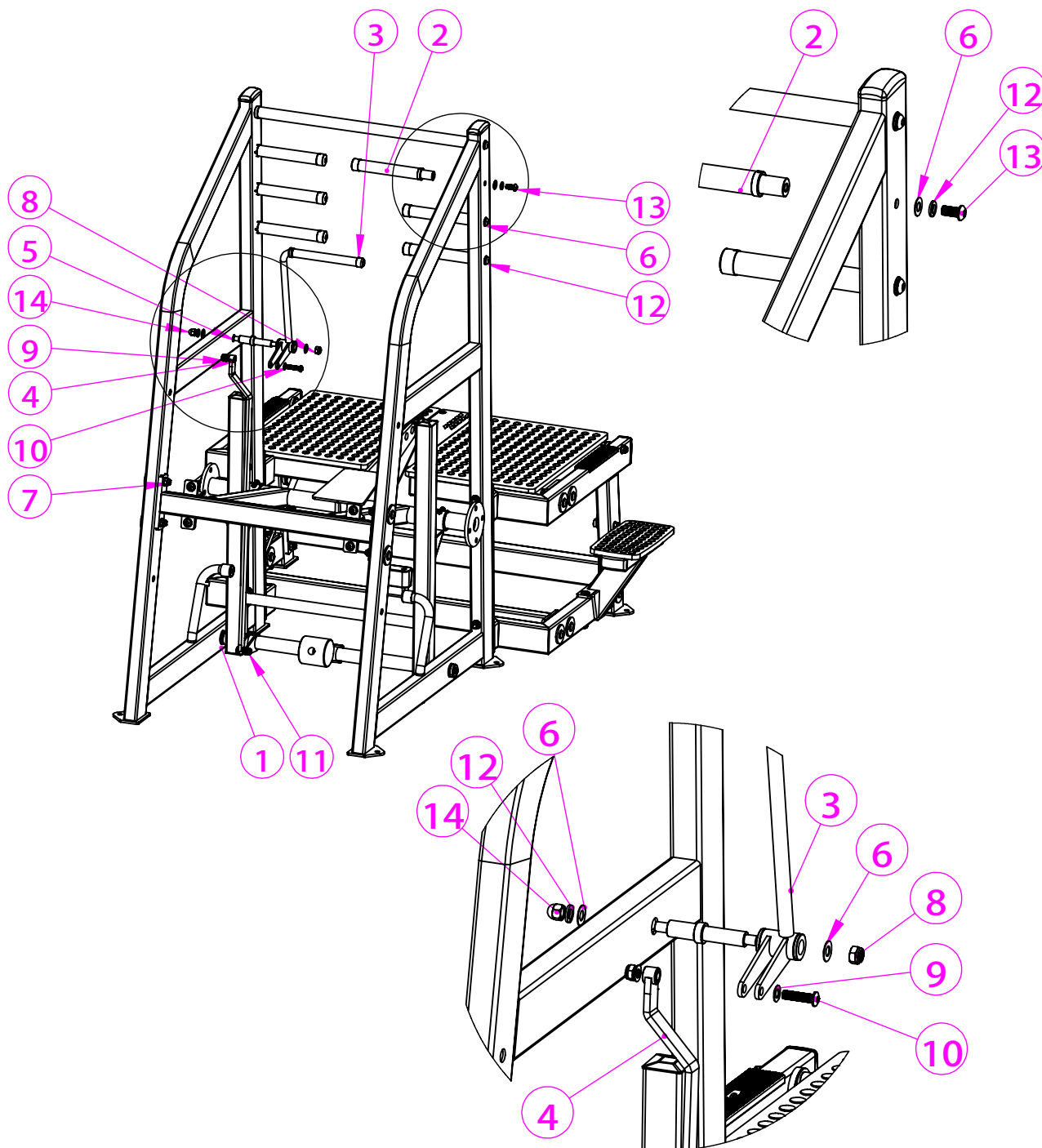
编号 pos no.	代号 code	名称 Name	数量 Qty
1	R20-9516	左侧架预装 left side frame	1
2	R20-9510	右侧架预装 right side frame	1
3	R20-9515	力臂预装 arm group	1
4	R20-9517	力臂支架预装 arm support	1
5	R04-9536	横撑 front support	1
6	R03-9506	25长轴 Axle	1
7	R20-9521	长手把预装 long handle group	1
8		M8弹垫 M8 washer	2
9		25卡簧 shaft clip	2
10	R08-1032	大扩胸38盖 φ 38*10 decorative cap	2
11		半圆头M8X20 screw M8X20	2
12		55补强垫 φ 55X5 washer	4
13		M12平垫圈 washer	18
14		半圆头M12X70 screw M12X70	4
15		M12防松帽 anti loose nut M12	8
16		半圆头M12X40 screw M12X40	4
17		M12弹垫 M12 washer	2
18		半圆头M12X25 screw M12X25	2



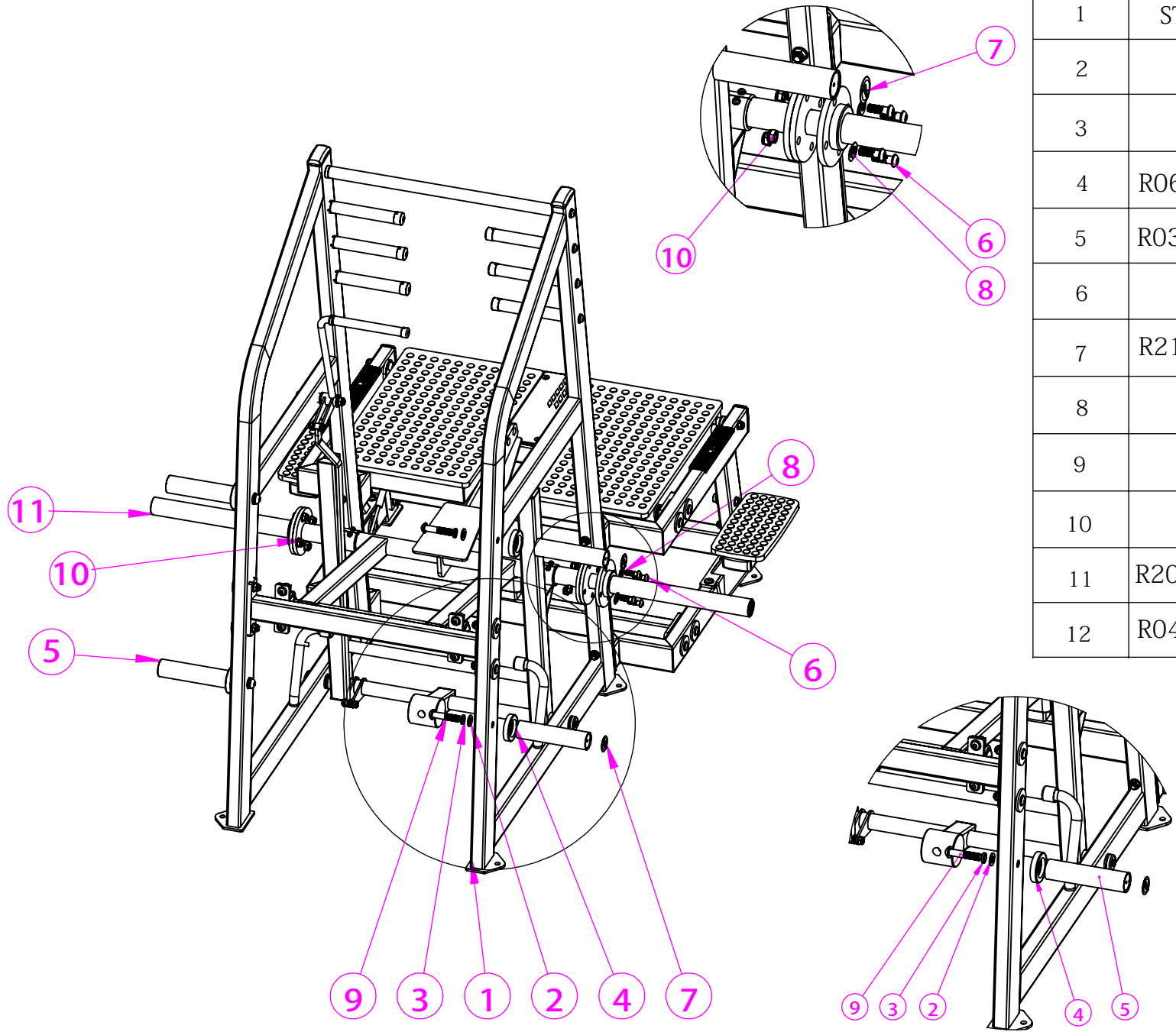
编号 pos no.	代号 code	名称 Name	数量 Qty
1	STEP 1	STEP 1	1
2	R20-9513	后右侧架预装 back right side frame	1
3	R20-9514	踏板左侧架 pedal left side frame	1
4	R20-9511	翻板总成 pedal group	1
5	R20-9519	55补强垫 φ 55X5 washer	12
6		M12平垫圈 M12 washer	36
7		半圆头M12X70 screw M12X70	12
8		半圆头M12X105 screw M12X105	6
9		M12防松帽 anti loose nut M12	18
10		底撑预装 bottom support	1
11	R04-9525	后撑 back support	1



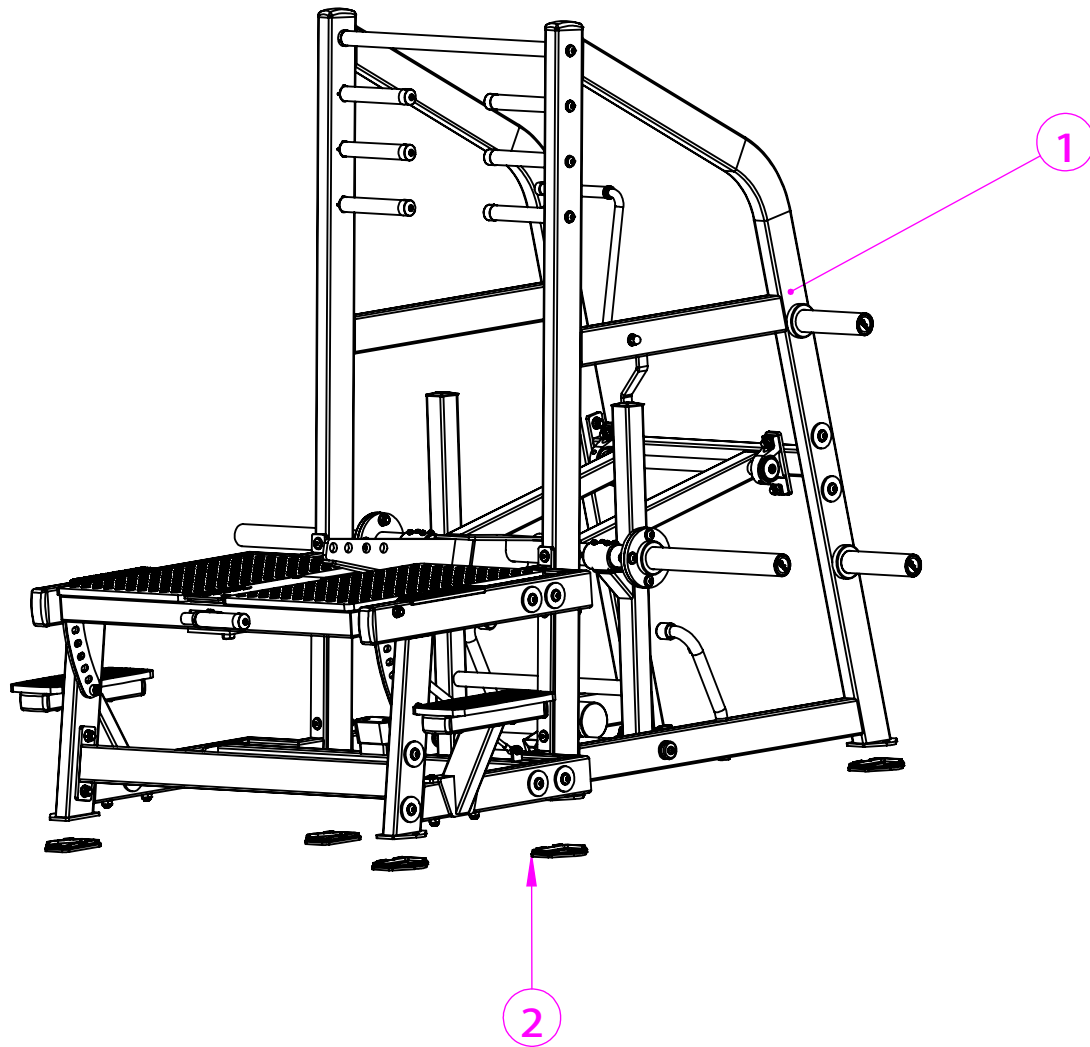
编号 pos no.	代号 code	名称 Name	数量 Qty
1	STEP 2	STEP 2	1
2	R20-9523	步踏组装 pedal group	2
3		M12平垫圈 washer	10
4		半圆头M12X105 screw M12X105	4
5		M12防松帽 anti loose nut M12	4
6		M12弹垫 M12 washer	2
7		55补强垫 φ 55X5 washer	2
8		半圆头M12X70 screw M12X70	2
9	R10-1092	130气簧下 gas spring	1
10	R10-1085	前挑气簧 gas sping	1
11		M8平面垫圈 M8washer	2
12		M8防松帽 anti loose nut M8	2



编号 pos no.	代号 code	名称 Name	数量 Qty
1	STEP 3	STEP 3	1
2	R20-9521	短手把组装 short handle group	6
3	R20-9518	架位板杠 adjustable bar	1
4	R20-9522	支架拉杆 adjustbale parts	1
5	R03-9515	支架板杠轴 axle	1
6		M12平垫圈 M12 washer	8
7		半圆头M12X70 screw M12X70	1
8		M12防松帽 anti loose nut M12	1
9		M10平面垫圈 M10 washer	4
10		半圆头M10X40 screw M10X40	2
11		M10防松帽 anti loose nut M10	2
12		M12弹垫 M12 washer	7
13		半圆头M12X25 screw M12X25	6
14	盖形螺母 [GBT923-2009][M12]	盖形螺母 nut M12	1



编号 pos no.	代号 code	名称 Name	数量 Qty
1	STEP 4	STEP 4	1
2		M16垫片 M16 washer	4
3		M16弹垫 M16 washer	4
4	R06-1186	杠铃套圈 bar ring	4
5	R03-1043	200杠铃套 barbell sleeve	4
6		半圆头M12X35 screw M12X35	8
7	R21-1004	55补强垫 φ55X5 washer	4
8		M12平垫圈 washer	16
9		螺丝M16X75 screw	4
10		M12防松帽 anti loose nut M12	8
11	R20-9524	杠铃套预装 barbell sleeve group	2
12	R04-9537	杠铃套组 barbell sleeve group	1



编号 pos no.	代号 code	名称 Name	数量 Qty
1	STEP 5	STEP 5	1
2	R06-1034	40X80方胶垫 Rubber shoes 40X80	6